

## Always Alert — Nobody Hurt

The Department of Interior designated April 5-9 as Safety Week to emphasize the importance of safety in our everyday lives. This year's theme was "Always Alert – Nobody Hurt."

Employees in the MSO and Billings FO participated in a variety of safety and health-related sessions presented by local guest speakers. An officer from the Billings Police Department captivated his audience with a presentation on personal safety. Each employees received a



Officer Schaff from the Billings Police Department giving a Personal Safety talk...(that's pepper spray in his hand).

"de-stressor" toy buffalo and the Deaconess Billings Clinic gave tips on how to de-stress. The Montana Highway Patrol gave some helpful advice on how to avoid distractions



Officer Steve McDonald from the Montana Highway Patrol discusses how to avoid driving distractions.

when behind the wheel and gave tips on how to deal with road rage.

Employees could also enter a drawing for a first aid kit fanny pack by finding the hidden message



Cheryl Ikeda from Deaconess Billings Clinic explains some ways to manage stress.

in a word scramble. The hidden message was to "Stay Safe!"

Overall, Safety Week was a great success and hopefully gave employees some useful information to help keep them safe and healthy. As a federal employee, you need to remember that you are the Bureau's most precious resource, so **always** be **alert** so **nobody** gets **hurt**! (Text and photos by Lisa Engelmann, MSO)